

Caramel Sauce

Makes: 12 servings

Serve this sauce over fruit or frozen yogurt for a dessert or special snack.

Ingredients

8 1/3 tablespoons milk (non-fat, dry)

1 1/4 cups water

1 tablespoon cornstarch

2 tablespoons butter

1/2 cup sugar (brown, packed)

1 teaspoon vanilla extract

Directions

1. Reconstitute non-fat dried milk with water. Combine reconstituted milk and cornstarch in a small saucepan and mix until cornstarch is thoroughly dissolved.

2. Add the butter and brown sugar and cook over medium heat, stirring constantly with a wire whisk until mixture thickens and comes to a boil. Continue to boil 1 minute.

3. Remove pan from heat and stir in vanilla. Serve warm over baked French toast, ice cream, or fruit.


Source: United States Department of Agriculture, USDA'S Collection of Nonfat Dry Milk (NDM) Recipes

Nutrition Information

Nutrients	Amount
Calories	66
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	32 mg
Total Carbohydrate	11 g
Dietary Fiber	0 g
Total Sugars	11 g
Added Sugars included	8 g
Protein	1 g
Vitamin D	0 IU
Calcium	45 mg
Iron	0 mg
Potassium	30 mg

N/A - data is not available

MyPlate Food Groups

 Dairy 1/4 cup